

Abstract of the Disclosure

A self-ventilating shoe assembly includes an upper, an outsole attached to the upper, and an insole located between the upper and the outsole. A resilient ventilation body is located between the outsole and the insole, and has an intake communicating with an exterior of the shoe assembly and an exhaust communicating with an interior of the shoe assembly. Upon application of pressure against the resilient body, air is discharged outwardly through the exhaust to the interior of the shoe assembly, thereby ventilating the shoe assembly. Upon release of pressure from the resilient body, air is drawn inwardly from outside of the shoe assembly through the intake as the body expands to its original form.